

You have an opportunity:

- to address health concerns that have emerged after deployment
- to get a referral to appropriate clinics or agencies
- to gather information on topics that affect your health and welfare
- to update your medical info/status

Today is your opportunity

- Take full advantage
- Don't just "check the block"
- Get the tools to "reset" your well being



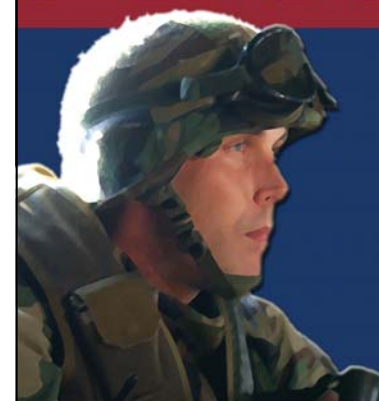
Population Health Support Division
AFMSA/SGOZ
2509 Kennedy Circle
Brooks City-Base, TX 78235-5116

POST-DEPLOYMENT HEALTH REASSESSMENT APPLICATION



*Ensuring your
Peace of Mind*

PDHRA



What is the PDHRA?

The Post-Deployment Health Reassessment (PDHRA), is part of the force health protection program. It extends the continuum of care for service member's deployment-related health concerns. The PDHRA provides education, screening, assessment, and access to care to address a wide variety of concerns that you may have about your health after you return from deployment.

Our mission is to provide a full range of services to you and your family. We recognize that deployment may have an impact on your health and well-being. Our commitment is to provide programs that successfully avoid or minimize any negative effect deployment may have had on your health.

Why is this health assessment being offered?

We've learned over the past few years that deployment health concerns may not be noticed immediately after deployment. After you return home and settle into your life and work you may notice that things are not quite right. Your concerns may be minor, or they may be more worrisome. They may affect you or your family. You may not know the best place to go to find out what is wrong or what to do about it.

This program brings you the opportunity to access care once back from deployment.

Who should complete the PDHRA?

While the initial focus of the program is on servicemembers who have returned from deployment in the last three to six months, the program will be made available to all servicemembers who have returned from deployment since September 11, 2001. Servicemembers who have returned from deployment and are beyond the six-month period will be contacted by their unit or commander with details about their future participation in the PDHRA.

Why should I be a part of this process?

You are your own best health advocate. By completing the PDHRA you have an opportunity to take charge of your health and take advantage of the healthcare and community services available to you. Identifying possible health problems early enables us to treat them before they become chronic problems.

What can the PDHRA do for me?

The PDHRA empowers you to take control of your health. Early identification of health or readjustment problems plays a major role in resolving them. Left unattended, such issues can affect your deployment status, your career, or your life.

What happens after I complete the initial questionnaire?

If your questionnaire indicates possible concerns, a primary care provider will review them and will refer you for further treatment or to additional resources as needed.

Steps for Completing the PDHRA

STEP 1: Go to the web-based form on the following web site:

<https://www.afchips.brooks.af.mil/pdhra/>

STEP 2: Log in by typing your name and date of birth, then click **submit**

STEP 3: Verify your personal information and then click certify to confirm.

STEP 4: Complete the questionnaire.

STEP 5: Once the questionnaire is complete click **finalize** and log off.

Note: The process takes approximately 15 minutes to complete.

For further assistance or questions, please contact your Unit Deployment Monitor (UDM)

@ _____

or contact the PDHRA Utilization Managers, at DSN:

Mrs. Herron-240-4617

Ms. Garcia -240-4639

Mrs. Henry-240-4148